

THE PACKRAT

ROCKY
MOUNTIAN



RAMBLERS
ASSOC.

December 1997 - January 1998

ACTIVITIES: Hiking, Backpacking, Skiing, Cycling, Climbing, Scrambling, Mountaineering, Educational and Awareness Programs, Social Functions.

MEETINGS: Every Wednesday evening at 7:30 p.m.
Rosemont Community Hall, 2807 - 10 Street N.W.

MAIL: Rocky Mountain Ramblers Association
c/o Calgary Area Outdoor Council (CAOC)
1111 Memorial Dr. N.W.
Calgary, Alberta
T2N 3E4

TRIP INFO: 282-6308 Hotline and at meetings.

RMRA EXECUTIVE 1997 - 1998

President	Anita O'Reilly
Vice President	Dorothy-Ann Reimer
Past President	Bob St. John
Trips Director	Ron Hunter
Treasurer	Chris Saunders
Secretary	Barbara Mitchell
Social Director	Terry Kaufman
Program Director	Maria Nemethy
Newsletter Editor	Danielle Tardif

EDITOR'S NOTE

What an exciting issue I had the chance to prepare for you this month! In this issue you'll get to know our new executive, and to appreciate the work of our outgoing executive. You will also find out what the hottest activities in town are, and on those lazy nights, you can browse through our selected Internet sites. You will also share what it feels like to be waiting for rescue. If you feel more intellectual, you can read our first of a long series of articles on wilderness first aid, browse through the numerous minutes, or study the Ramblers' financial statement.

Our previous editor, Carol Perkins, has left us for more lucrative work in Winnipeg. She's done a terrific job, and I don't know if it can ever be repeated. We all wish Carol best success, and please come visit us sometimes.

Many thanks to all the contributors who have made this edition so entertaining. I am merely the one who puts it all together and make it look good. The members are the ones who make it all happen.

Yahoo!

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I will gladly publish any article related to the outdoors. Please submit articles on a 3 1/2 computer disk, in DOS or Windows format. Email submissions can be made at:

. Typed articles are also welcome. Disks will be returned at the meeting.

The next Packrat deadline is January 21, 1998.

SOCIAL EVENTS

by Terry Kaufman

The Annual Dinner & Dance was held on October 24 at the Calgary Winter Club. Fifty Ramblers enjoyed an evening of good food and dancing.

Many thanks to Mariane & Tom Flanagan for once again heading up the line dancers. Also, recognition must go to the many donors of our door and spot dance prizes for the evening: Mountain Equipment Coop, the Hostel Shop, Campers Village and Linda Paquette with Canadian Airlines. Thanks to Tony and Anne Moran who took the tickets at the door, Linda Eastwood who printed and sold tickets and Bob St. John for all his efforts to make this a most enjoyable evening. And of course, we can't forget Shirley Tajnar who made most of the arrangements for evening before leaving on her extended holiday.

A few Ramblers caught our attention this year, either because of what they said, or what they did:

- Wally Drew for the best joke of the year (airy or hairy?)
- Barbara Mitchell for the most unusual piece of clothing on a Ramblers trip (Conehead hat)
- Linda Eastwood for the most improved skier and hiker of the year
- Tom Flanagan for the most interesting thing said on a trip: When looking at Dorothy-Ann Reimer's new ski poles: "I've always liked women with big baskets".

Dec. 17 The Christmas Potluck will be held at the Rosemont Community Hall at 7:30pm. Please bring a food item enough for approx. 6 people, your own plates and cutlery, \$1.00 and a Foodbank donation. If you can volunteer to help with setting up or clean up please contact me (Terry Kaufman) Due to the hall being rented until 7:00pm, our evening will be starting later than usual. The Ramblers regular meeting will be held at some time during the evening.

Dec. 25 Marianne & Tom Flanagan have graciously opened their home for those that are alone Christmas Day. Please call Marianne or Tom for more details.

PROGRAMS

by Maria Nemethy

January 1998 (call Hotline for date)

- Slide show on South-East Asia by Denis Longu p e & Danielle Tardif

February

- Talk on hypothermia by Keith Morton

March

- Slide show on backcountry ski huts

PRESIDENT'S MESSAGE

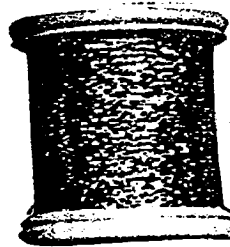
by Anita O'Reilly

I'm still feeling overwhelmed with the responsibility of this position and the very large shoes I can't even attempt to fill! I would like to thank everyone for your support and encouragement. A special thanks to Bob St. John for his continued active interest in the Club and his guidance as I once again venture into new territory. Bob has done immeasurable work for the Ramblers during his 4 years as President - establishing a new Members' Manual, doing the leg work for new rating systems for both hiking and skiing, and then tackling the onerous task of compiling information on hundreds and hundreds of skiing, hiking and scrambling trips. Many thanks also to the outgoing executive members - Ron Mason, Reg Fryling, Linda Eastwood, Shirley Tajcna and Carol Perkins for all their hard work. I appreciate the continuing efforts of Ron Hunter, Chris Saunders, and Dorothy-Ann Reimer who agreed to remain on for another term. Welcome to the new members of the executive - Barb Mitchell, Terry Kaufman, Maria Nemethy and Danielle Tardif. I look forward to our working together throughout the year.

I'm certain that every member joins me in celebrating the successful rescue and imminent recovery of Marianne Wolters. Marianne's knowledge and preparedness stood her in good stead as she survived the night alone. The efforts of the Kananaskis rescue crew and helicopter pilot merit our appreciation and applause!

Wishing you good hiking until the snow falls and a

great ski season thereafter! If I don't see you on the trails I'll see you at our annual Christmas Potluck Supper on December 17th.



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Louise Richard

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AVALANCHE AWARENESS COURSE

by Dorothy-Ann Reimer

A Practical course to develop knowledge about avalanches and avalanche rescue procedures.

This course will teach the basics of

- using a transceiver
- using avalanche probes
- digging snow pits to determine snow stability
- conducting a mock search exercise

There will be 1 evening lecture and a 1-day practice session in the Fortress Lodge area

DATE: Weekend of January 17/18, 1998 with evening lecture in the preceding week

FEE: Approximately \$55.00 (The more participants we have, the less the fee)

INSTRUCTOR: Keith Morton

REGISTRATION: Register at a meeting or by phone to Dorothy-Ann Reimer. Payment must be made to **Rocky Mountain Ramblers** no later than Dec 31.

CONDITIONS: Payment must be made to ensure your place. This course will also be open to other ski clubs in CASC (e.g. Norsemen, Calgary Ski Club, etc) but Ramblers have first choice. Minimum participants are 8; maximum 10 (for 1 day) or 20 (split over 2 days).

This is an excellent course for all level of experience including novice and can even be done using snowshoes. For more information, contact Dorothy-Ann Reimer

1997 AGM PRESIDENT'S REPORT

by Bob St. John

October 15, 1997

In the current issue of the Packrat I mentioned some members who contributed to the successful operation of the Ramblers. I will not repeat all their names again tonight, but I will again thank this year's Executive: Vice President Ron Mason, Secretary Linda Eastwood, Treasurer Chris Saunders, Trips Director Ron Hunter, Programs Director Dorothy-Ann Reimer, Social Director Shirley Tajcna, Packrat Editor Carol Perkins, and Past President Reg Fryling. Together they made this a very successful year for the club.

There are some members who offer their time for the betterment of the club without fanfare. One such member is Dawn Jones with her start of season cross-country ski clinics for beginners. Many here tonight got their first experiences on skis at her sessions. People such as Dawn do not have to make a big commitment in order to make a very worthwhile contribution to our club. The Ramblers is made possible by people who volunteer for the Executive and other committees, by coordinators who take out trips and by members like Dawn who volunteer some of their time for the benefit of us all. We thank you for that.

In the Rambler bylaws there is a statement that has been the basis of operation for our club since it's inception. Section 11 (b) reads in part "Each person on a trip participates at his or her own risk and is responsible for his or her own safety and well being". Some of us would interpret that statement to mean that as a club we are off the hook as far as responsibility is concerned for any mishaps to any of our members or guests on any of our trips. You are responsible for yourself. This forms the core of our liability waiver which you sign upon becoming a member, and which you sign before participating on a trip. This type of waiver has been upheld in the courts, so far, especially for amateur organizations such as ours. The courts will however investigate whether or not the organization has followed general guidelines in use by the recreational outdoor community. A waiver, no matter how tight, will not prevent a lawsuit that ends up in the courts. The claimant's lawyer will vigorously try to show the organization was negligent. Some may argue that our club has no assets to claim; but our Executive members do, and our coordinators do. This illuminates another risk in addition to the one of Section 11 (b). Stated bluntly; the Executive and the coordinators of this club are taking the risk that our waiver holds up in court. Some organizations pay to have that risk removed from their Executive and coordinators and put into the hands of an insurance company. They pay to have that company take the liability risk. The Alpine Club of Canada does, The Calgary Ski Club does, and the Hostel Outdoors Group does, to name a few. Some do not carry insurance. The Norseman Ski Club does not, we do not.

There are two solutions to follow in order to protect the Executive and the coordinators from personal financial loss.

One solution is to pay an insurance company to assume the liability risk. The insurance company, not wanting to pay any damages from any lawsuits, will force the organization to adhere to safety policies, determined in part by them. The second solution is to not buy insurance but to have the organization and some of its members assume the liability risk. This is the solution the Ramblers have followed, either purposefully or by default.

Four years ago when I became President I was blissfully naive of this risk, or gave it little thought. After all the Ramblers had never been sued in over forty years. When Ron Falkins died in 1995 the thought of being sued did not enter my mind. I and everyone else in the club had other thoughts and emotions to contend with. As a direct result of that unfortunate accident the Ramblers went through a process of re-examination of its procedures, and formulation of new ones. It was a process of consensus, often slow, and often with heated debate. The primary motivation was for safer trips for our members. Looking back after two years, I wonder now what could have happened if someone else had died instead of Ron. Someone else's spouse, or someone else's family may have made a claim. I will not speculate what the outcome may have been. But I will suggest that our waiver is stronger today because of the policies and guidelines we have set in place for our members and by the increased communication and cooperation with other clubs in setting recreational standards.

Do I think the Section 11 (b) statement: "Each person on a trip participates at his or her own risk and is responsible for his or her own safety and well being" to be false? NO. I think it is still the underpinning of all amateur outdoor clubs. You are responsible for yourself. I also believe those same clubs need policies and guidelines to make their members aware of potential hazards in the outdoors and to better prepare participants to meet those hazards in a responsible manner. If I have done anything in the last four years, I am most proud of helping to make that happen.

Thank you,

Bob St. John

TRIPS DIRECTOR ANNUAL REPORT 1996/1997

by Ron Hunter

In terms of activity we had 243 trips & 1,980 person-days. Hikes were up a bit (+7) and ski trips increased (+10). Bicycle trips were down, but then Reg was not 100% this year. A list of all trips from this past year is posted on the bulletin board.

To put the year's activities into some sort of perspective, if you take all the distance covered by individual participants; we hiked a distance that is roughly from Calgary to Cape Horn at the tip of South America, and back. I didn't calculate ski distances, but that would have probably added the rest of the distance to the South Pole. And for hikes alone, we climbed the equivalent vertical distance of Mount Everest over 100 times. So you should all feel in pretty good shape after that workout.

The heart of the Ramblers is our active coordinators. Eight coordinators had greater than 100 person days of activity led by Bob St. John, Dave Reid and Alastair Sinclair with over 200 person-days each. Alastair coordinated the most hikes while Dave coordinated the most ski trips. John Schleinich had the non-bus trip that attracted the most participants (27), while Dawn Jones again introduced a bunch of avid rookies to the winter activity of cross-country skiing.

We should also congratulate our new coordinators. Rita Polt and Anita O'Reilly became Full Coordinators, while Ron Mason, Danielle Tardif, Garry Denman, Barbara Fischer, Mary-Jane Hradowy and Dorothy-Ann Reimer have become Probationary Coordinators. I think this leaves us in good shape to have lots of variety in our future trips.

Other highlights this year:

- Adoption of the new winter and summer trip rating systems which I believe have generally been well received. The winter system has also been adopted by other Calgary ski clubs.

- The Group Management seminar, winter shelter building day & avalanche awareness course helped build the skills of coordinators and members. Common courses with other outdoor clubs have also enabled coordinators & members to participate in programs that would be difficult for Ramblers alone to offer.

- A fund was established to subsidize courses that enhanced skills desired and required for coordinators and also for programs that would benefit the general membership

All in all, I think everyone had an enjoyable year with the club. Great weather this summer was a contributing factor. I'd give our weatherman, Wally, credit for that, but I don't think he wants to shoulder any blame if it is not so good in future!



**Rocky Mountain
Ramblers Association**

Hiking
Cross-Country Skiing
Social Events

Meets every Wednesday evening
at Rosemont Community Hall
2807 - 10 St. N.W.
7:30 p.m.

Hotline 282-6308

Everyone is welcome



A business card like this one will be given to you with your Packrat. This card is to be handed out to potential members, not to be kept as a souvenir! If you need more cards, please ask Anita O'Reilly at the meeting.

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AWARDS TO MEMBERS

by Bob St. John

AWARD TO SHIRLEY TAJCNAR

Awards were presented at the 1997 AGM to two members who have over the years worked hard to preserve the environment in which we spend most of our outdoor recreation time.

AWARD TO ALISTAIR DESMOULINS

The Banff Bow Valley Study was commissioned by the Federal Government to develop a blueprint for the future of Banff National Park. Stakeholders in the Park: commercial developers, the tourism industry, the transportation industry, environmental groups, and park users, to name just a few, were at odds over future development. The Park was in danger of losing its World Heritage Status and much criticism was aimed at the management of Canada's first National Park. The commissioners of the study elected to have all the stakeholders discuss the issues together in a Round Table format. The recommendations of the Round Table would then be included by the commissioners in their report to the federal Minister. This was not the first time an overall study of the park's future had been conducted. Volumes of work had been spent on these past studies with many of their recommendations ignored or shelved.

It was into this atmosphere that Alistair DesMoulins found himself. Alistair was on the environment committee of the Alpine Club and a member of the Ramblers. A Park Users group was formed to represent recreational users such as ourselves at the Round Table. Alistair officially represented the Ramblers in the Users group, and set about the arduous task of absorbing the volumes of information generated by the Study. If Alistair's number of trips taken out for the Ramblers is down this year, it is due to all his weekends and spare time for over six months devoted to participation at the Round Table.

Recommendations from the Round Table proved the value of work the Park Users and other preservationists had in the Study. The recent decision by the Ministry to not approve a development expansion plan for the Banff townsite must be gratifying to those like Alistair who put in so much personal effort.

A plaque with the following message was presented to Alistair:

*"Thanks Alistair DesMoulins
in recognition of your work with the Banff Bow Valley Study
the Ramblers, Oct. 1997"*

Shirley Tajcnar is an active member of the Alberta Wilderness Association. Since its inception in the mid 1960's as the only Alberta focused wilderness association, the AWA remains an independent, tenacious voice for the wilderness. For a few people here tonight, the AWA may have a too radical approach to some issues. This should not stop us from supporting the work they do. We must remember that it is rare for one organization or for one political party to please us entirely. For those who voted for Reform, or for the New Democrats, or for the Liberals; did you agree with every one of their policies as you voted? Probably not. The same should be true for the AWA. Much of the AWA's focus is on the mis-implementation of the government's own Special Places 2000 commitment. They have been stalling the process and changing the definitions of Special Places to suit the desires of some commercial stakeholders. All this fuss, and for only 2.5% of Alberta lands representing unique landscapes with endangered flora and fauna. Consider that with a single stroke of the pen, 8% of Alberta lands were given to one company alone, AL PAC, for long term commercial use.

Shirley lives in a home overlooking Kananaskis Country and the Rocky Mountains. It is easy to see how she became passionate for the conservation of this unique area. Shirley represents the Ramblers on the Kananaskis Coalition, a grouping of concerned stakeholders working for the preservation of Kananaskis Country. Our club has more trips to this area than all others areas combined. Some here tonight may not be opposed to another golf course at Evan Thomas, or expansion of Fortress Ski Hill, or a new Ski Hill at Tent Ridge, or heli-skiing on Sparrowhawk, or cruise boats on the Spray Lakes, or a theme park in the Bow Valley; each project with associated hotels and tourist facilities. As is usually the way others will want their share as well and more projects will pop up. The odd thing is that according to a survey of visitors to Kananaskis Country, most people are opposed to further development. And this was the government's own survey yet to be released. As Ty Lund was not pleased with the results, a new survey will be conducted, this time with presumably more informed citizens being polled. Most of us are not anti-business, probably most of us voted for Klein, and will probably do so again. This does not preclude us from being opposed to some government policies, particularly the ones pertaining to environment preservation. Shirley has her sights set on the future, where the small enclaves of wilderness we protect now will be more highly prized by future citizens than yet another valley full of motels, golf courses and shopping malls. It takes guts to do this amidst our general apathy. The next time Shirley, or others, speak to us about these important issues, pay attention, or better yet lend them your support.

Continued on next page

MEMBERS' SURVEY

by Chris Saunders

As part of their 1997/1998-membership application the Club asked members for their views on how the Club operates. The following are the questions that were posed:

1. Would you be interested in taking first aid and avalanche safety courses? A variety of levels were suggested
2. Would you be interested in participating in a bulk purchase of avalanche equipment ?
3. Would you be interested in being a Coordinator or being on the Executive Council or the Safety Committee?
4. What type of trips would you like to see offered more often ?
5. Would a pre-season schedule encourage you to go on more trips ?
6. Have you been unhappy with any trips you have participated in ?
7. Are there any ways in which the Club's activities can be improved ?
8. New members who joined after September 30, 1996 were asked if they received sufficient information about the operations of the Club and whether they felt welcome on their initial trips and attendance at meetings.

45 responses have been received; the following is a summary of them:

1. A substantial number of people indicated interest in both first aid and avalanche safety courses at various levels. Work is already underway in setting up the courses.
2. Eight people indicated interest in a bulk purchase of avalanche equipment; Bob St John is leading this initiative and has contacted them.
3. A number of people indicated interest in being a Coordinator or a member of the Executive Council or Safety Committee. Members of the Executive will be following up with these individuals in the next few weeks.
4. As expected the Club's membership wants to see trips with a wide range of difficulty in both winter and summer. In the responses received there was a clear desire for more easier trips of all types. In order to satisfy this demand the Club will need some more Coordinators who will take out this type of trip. In addition some members noted that during the peak hiking season there are sometimes not enough trips offered so that those available can have an excessively large number of people. Given the vast array of terrain available to us our Coordinators should be able to create enough trips to solve this problem. The responses also indicated that there is an interest in some of our less common activities such as cycling (both road and trail), backpacking (both summer and winter), snow shoeing and downhill skiing. Coordinators please note.
5. Most respondents did not favor the use of a pre-season schedule. A number commented that our present system gives us valuable flexibility and generally avoids the problem of having trips cancelled due to unforeseen circumstances. It was noted that there is value to the practice followed by some Coordinators of announcing multi-day trips well in advance.
6. There were no negative trip experiences reported in the survey.
7. Generally those responding seemed very happy with the way the Club operates. Suggestions for improvements were limited to:
 - More easy and intermediate trips
 - More challenging trips
 - More trips during the summer
8. Virtually all new members were happy with the reception they received. The one exception will be followed up.

Continued from previous page

As Shirley was not able to be present at AGM, a plaque with the following message will be presented to her at the Christmas Potluck Dinner:

*"Thanks Shirley Tajcna
in recognition of your work with the AWA and the
Kananaskis Coalition
the Ramblers, Oct. 1997"*

NIGHT ON FORTRESS MOUNTAIN

by Marianne Wolters

It was the longest, loneliest, coldest, most uncomfortable, most painful, most frightening night of my life. All I wanted was a warm bed.

October 29th started off quite routinely. I needed to take a flex day, and this was Jane Parkinson's last day before returning to Scotland. She had been at the University of Calgary for six weeks doing research. When I had asked Jane whether she wanted to go for a hike or to bag another peak, she replied that she wanted to bag another peak. Fortress seemed to be a reasonable objective for this time of year.

There was fresh snow on the Smith-Dorrien road and my thoughts briefly turned to skiing for the weekend. We left the Chester Lake parking lot about 9:00 a.m. after I double-checked that the car lights were off and the doors closed properly. Mid-week is no time for a dead battery. The weather forecast was mixed, as was the sky. We started up the ski trails, then found the side trail up Headwall Creek. Once we were out of the trees we had some views to the west, and of Mt. Chester on our left. It was a few degrees above freezing with a mild breeze. There is a trail of sorts, which we occasionally lost in the snow, then found again. As we approached the gully leading to the col between Chester and Fortress, we were able to see the summit of Fortress. Shortly after, it started to snow lightly, and the winds picked up. We climbed steadily. The snow was powder, which made the going more difficult. There was a cornice at the col, so we angled up before the col. We found a sheltered spot for a quick lunch around noon, then resumed and found the trail leading from the col to the summit.

At 2:00 p.m. we reached the summit. It was cold and blowing hard. I tried in vain to find the summit register so that Jane could record her visit, then we started to descend. Visibility was a few metres and the wind was unpleasant in our faces. Our footprints from the ascent were not always visible, but I continued down what appeared to be the trail. As we got down lower, visibility increased, and I realized that we were too far to the right of the col. I did not know what the terrain was like directly below us and was afraid that if we continued to descend we might get hung up, so we started to traverse back towards the col. The snow was hard and we had to kick to make steps. We were both using collapsible ski poles to assist in traversing, and concentrated on each step. Several times I looked at the terrain directly below us and decided that the consequences of a fall were too severe, so we turned back, then climbed higher to rocky ground and tried again to traverse. Generally, the going was good on the rocks. Eventually I switched my ski pole for my ice axe because the snow was so hard that I had to use the axe to cut steps. Again we retraced our steps because of the snow conditions, then climbed to the rocky terrain to traverse.

Around 3:15 Jane asked me "Are we in a bit of a pickle?" I pointed to the col and explained that once we got close to it the going would be straightforward again and that, worst case, we would be walking out with the aide of my headlamp. The col looked about fifteen minutes away. We descended a bit where the going looked good, then had a

short traverse on rocky terrain. I was crossing below a large boulder, with my ice axe in my downhill hand, when I slipped. I didn't stop. I bounced off something and flipped over and slid some more. It was unreal! When I was in contact with the snow I would try to stop; my mind was saying "Spread your legs, arch your back, and dig in!" but it didn't work. I bounced and dropped through a chute. I thought I would surely die, but I bounced again and continued tumbling, sliding, and somersaulting. It was as though I was watching and wondering just how much punishment my body could take. I dug in and this time I stopped.

I was standing upright in several inches of snow. For some time I just stood there, then I started to check things out. My arms and legs seemed to work but there was a lot of pain on the left side of my chest, which I diagnosed as cracked ribs. There was also something internal on the left side, just above my waist. I looked up and estimated I had tumbled about 200 feet. (This was also Jane's estimate.) I looked down and was glad I had stopped when I had. Carefully, I took two steps then realized I couldn't handle the weight of my pack so I stopped and took it off. Jane came down to where I was and we discussed the situation. My breathing was shallow and rapid and the unknown internal injury worried me. I had lost both my ice axe and my ski pole, and even without my pack, did not feel steady enough to continue without some assistance. We agreed that I should wait while Jane went for help. Jane put her pack in mine, lent me her ski pole, and we proceeded to a ledge that was roomy enough for me to wait while she went for help. I gave Jane the map, my car keys and headlamp, then we discussed the route out and where to go for help. We said goodbye, then I started to settle in.

I had no idea how long I would have to wait until help arrived, but I knew that women are better equipped than men for survival situations because of our extra layer of fat. I was confident that that fat, together with some supplies in my pack, would keep me warm through the night, if necessary. It was 4:00 p.m. I had last relieved myself before lunch and had been waiting for a calm spot. Now the pain prevented me from lowering my pants and squatting so I decided to wait. I pulled my various supplies out of my pack, then used my pack to sit on. Fortunately I carry a large pack with a thick hip belt that provides good insulation. My socks were damp and although I did have dry ones, I couldn't bend my legs enough to change them. I put on my rain pants, but could not get them up to my waist - I had to leave them just below the hips. I then put my legs into the orange garbage bag that I always carry to use as an emergency shelter. I took off my damp mitts and put on dry fleece ones inside my overmitts. I was wearing a polypro turtleneck, wool toque, fleece jacket with a hood, and a Goretex jacket with a hood. My extra long johns went inside my fleece as a new approach to layering, because I couldn't put them on my legs. On my first aid course I had learned that eating and drinking are essential for the prevention of hypothermia, so I forced myself to have a snack.

Continued on next page

Then the waiting started. I was on a ledge at about 8500' above the valley leading from the Fortress/Chester col to the Chester Lake trail. Down below, I could see Jane descending the scree slope. The worst terrain was now behind her and she was making good time. I was grateful that she was able to drive a standard shift, but worried about the condition of the road and wondered how skilled she was at driving in snow. I decided that there wasn't enough traffic to worry about which side of the road she drove on. Then I realized that there was no need to drive all the way to Canmore, there was a phone at Engadine Lodge. I speculated endlessly about how the rescue procedure worked. Would they come at night or wait until light and send a helicopter? Where would a helicopter land? Could they fly in this wind? What if Jane didn't make it?

The wind didn't stop or diminish. I had no protection from it, so I took the garbage bag off my legs, cut a slit in the top, then put it over my body. Then I put it over my face. I sat with my legs outstretched, one elbow on my thighs, and the other arm up to keep the bag a few inches from my face. My breath was still shallow and rapid; I tried breathing deeply and slowly but couldn't. My toes were cold so I wiggled them frequently. My chest hurt. I tried lying down. My chest felt better, but I knew I would lose too much heat in this position. One leg dropped down off my ledge and I panicked, but brought it back up, then resumed my awkward sitting position. There was a large rock on my right and periodically I would straighten my upper body by holding onto the rock and pulling. This eased the pain. Periodically I would stick my head out of the bag and look into the valley. I tried to keep track of the time mentally. I would wiggle my toes, shift a few times in a futile attempt to get comfortable, then increment my mental clock. I decided that I would be less likely to fall or to succumb to hypothermia if I stayed awake. The pressure from my bladder was growing, but I knew that if I wet myself I would lose a lot of body heat, so I concentrated on wiggling my toes and estimating the time.

Then I stuck my head out of my bag I saw lights in the valley below. They were coming for me! How would they find me? I had given Jane my headlamp and now kicked myself for not having brought my other one as well. I blew my whistle as hard as I could over and over. The wind was as strong as ever, straight in my face. I withdrew into my bag then checked again later. The lights were still moving up the valley, so I tried the whistle again. I waited, then the next time I checked the lights were gone. Now I would have to wait until daylight. Back to wiggling my toes and guessing the time. Periodically I would let myself moan a bit, then pull myself together again. My ears strained for the sound of a helicopter although I knew that they could not fly until daylight. Each time I heard an airplane I looked up. The night dragged on.

My mental clock was, of course, fast. Daylight came an hour later than I had expected. Time for breakfast, so I raised my bag to gather my food. A sudden gust of wind took my precious bag. I forced myself to eat and drink, then resumed wiggling my toes. Finally I heard the chopper!

Eventually it came to where I was - I waved my arms and blew my whistle and looked straight at it and it turned away. My heart sank. If I had still had my bright orange bag, they would have seen me!

During the night, I had decided that there would come a time when I would have to try to make it out on my own. I stood up and hugged my rock, then took a step and looked at my route. There was no way I could make it. I simply did not have the strength; if I tried I would fall. I realized that in my current condition it was unlikely that I would survive another night. (I later heard from the rescuers that I probably wouldn't even have survived the rest of the day.) My only hope was the chopper. I could hear it so I started to moan and yell. It flew by and I stood up and yelled and waved, then sat back down. I thought I heard voices so I blew my whistle and yelled and moaned. Then someone called to me. I yelled as loudly as I could. I saw two people on a ridge above me and yelled to them.

Suddenly, there were other people on my ledge. My memories are blurry, but they did some first aid, put me into a warm bivy bag, then explained that I would fly out under the chopper. I replied that this was not a good idea since I was afraid of heights. Then reason prevailed and I resigned myself to doing whatever they asked; it was nice to finally have someone else in charge. Then I was moving, with rescuer Burke Duncan reassuringly beside me. I was so relieved at having finally been rescued, and so petrified at the thought of flying suspended by a rope from a helicopter in high winds, that I passed out.

My next memory is of being in the ambulance. A c-spine injury was a definite possibility, so my head was in a collar and I was strapped to a board. Someone placed warm bags all around me, covered me with warm blankets, then cranked up the heat. When they took off my boots, my socks were frozen to the inside of the boots. I later learned that I talked a lot during the ambulance ride, but my speech was slow and I thought carefully before I spoke, which is typical of hypothermia victims. My temperature was 32 degrees Celsius.

Once I arrived at Foothills Hospital, the trauma team descended on me. It was very impressive. At one point, two different people were inserting tubes in me while others worked on different parts of my body. The end result was three ribs broken in multiple places, a punctured lung, frostbite on all toes, one heel, and three fingertips, major bruising of my right hip, and lots of lumps, bruises, and scrapes. Miraculously, my head and neck escaped injury. It is now four weeks since the accident and my lung has healed, the ribs are painful but healing, I have a slight limp which will disappear, there are assorted pains in my legs but I can walk at 75% of my former speed, and I get occasional tingling from the frostbite. My time is occupied with physical therapy, massage therapy, yoga, exercises, walking, swimming, and napping. I have returned to work on a part-time basis.

Several days after I came home from the hospital, I had a visit from George Field, Public Safety Specialist for

SAFETY COMMITTEE

by Dorothy-Ann Reimer

Kananaskis Country, who told me the rest of the story. I have also talked to Jane and heard her story. Jane made it to the car in about two hours. In her haste to get help, she bum slid down the snow/scree gully, then ran most of the way. Then she drove (her first time in snow) down the centre of the road to Canmore. Fortunately, the first person she stopped on the street knew who to contact. Jane went with one of the two search parties that night. The Canmore RCMP then drove her back to Calgary early the next morning, and she received word that I had been rescued just before her flight was due to leave. This was a very traumatic experience for her and when she finally got home, she was exhausted and sore for a week afterwards.

In all, 26 people and one dog were involved in the search and rescue. This included dispatchers, base volunteers, ground and mechanized searchers, paramedics, and the pilot. The wind speeds that night and day were in the 40 to 70 km/h range, and this was the highest wind speed rescue done in this area. The search parties that went out that night were prepared to perform first aid and keep me warm until the morning. They didn't expect me to survive the night on my own. When the chopper arrived, teams of two were dropped off at different elevations to do ground searches. I was finally located at 10:00 a.m.

There was considerable danger involved in the operation: back and ankle sprains were sustained by several of the searchers, a Class II avalanche was triggered near the Fortress/Chester col, and at one point the helicopter got caught in a downdraft and lost 200 feet. The terrain the searchers were on was steep and difficult. My ledge was not large enough for everyone, and at one point someone working on me had to be held to ensure that he didn't fall off. The air search was about to be canceled due to high winds when I was located. It's a good thing I was not conscious during the chopper ride - Burke said it was the worst ride he had ever had. Kathy Moore has been recommended for an award for her skill in handling the helicopter.

We are extremely fortunate to have such skilled and dedicated people ready to help out when we have accidents, and I can never thank them adequately. They turned what could easily have been a disaster into a success story.

Set up in 1995, the Safety Committee has provided the club with some excellent guidelines to help achieve safer outdoor activities.

Many Ramblers contributed their knowledge and experience to help Bob St. John develop a trip information and rating document that covers a vast number of ski and hiking destinations. New policies such as mandatory helmets on bike trips have been instituted. The Club can be proud of what it has accomplished.

But pride can sometimes breed complacency, and complacency is an insidious enemy. Accidents can happen in an instant and, while we can't always prevent them, we can at least arm ourselves with knowledge and skill so that we are better able to cope.

The Safety Committee attempts to identify safety concerns and to propose the means of handling them, be it through setting up information programs, offering courses or by proposing safer practices. At the same time, we try to retain the sense of adventure and freedom that many of us search for in the mountains. A delicate balance!

The Committee, made up of 4 executive and 8 general members, will have its first meeting of the winter season in early December. Most welcome are ideas, suggestions and, yes, even complaints. Talk to any member and air your views.

Committee Members

Chair: Dorothy-Ann Reimer

Members:

Garry Denman

Alistair DesMoulins

Wally Drew

Barb Fischer

Ron Hunter

Ron Mason

Maria Nemethy

Sandy Newell

Anita O'Reilly

Louise Richard



In some foreign country a priest, a lawyer and an engineer are about to be guillotined.

The priest puts his head on the block, they pull the rope and nothing happens - he declares that he's been saved by divine intervention - so he's let go.

The lawyer is put on the block, and again the rope doesn't release the blade, he claims he can't be executed twice for the same crime and he is set free.

They grab the engineer and shove his head into the guillotine, he looks up at the release mechanism and says, "Wait a minute, I see your problem..."

FIRST AID IN THE WILDERNESS

Submitted by Yolande De Visser with the kind permission of the author Chris Ludwig from the B.C. Mountaineering Club, Vancouver

First-Aid for many mountaineers and climbers is an unknown. As a trip organizer this area of expertise always frightened me. Although I knew how to organize most aspects of a climbing trip, I was always troubled by the question "what would I do if xxxx happened?". Horror of horrors, an unconscious climber has stopped breathing, what do I do? These sobering questions inspired me to take courses in CPR and Wilderness First-Aid. To this day I am still learning more about first-aid and am still asking questions. I hope that in this and subsequent articles, I can help take some of the mystery and fear out of wilderness first-aid for both climbers and prospective trip organizers. Text references will be provided at the end of the article for those wishing more information. My hopes are that some of you will be encouraged to take a course or two.

Some Quick Definitions to know before reading this article:

Casualty: The victim of an injury or illness (not just dead people)

AR: Artificial Respiration

CPR: Cardiopulmonary Resuscitation

LOC: Level of Consciousness

The differences between first-aid and wilderness first-aid:

In all first-aid the primary concern is to preserve life. In the city, where trained medical help is usually minutes away, first-aid is relatively simple: protect the casualty, be sure that he/she can breathe, stop serious bleeding, and possibly splint fractures. In a wilderness setting, the first-aider may be required to give "second-aid" (also known as field nursing). Second-aid may involve transporting the victim to a more safe or hospitable location. It may also involve caring for a victim for several days until help can arrive. Often there will be a shortage of first-aid supplies. All of these situations can greatly complicate the job of the first-aider and will often require creative thinking and the improvisation of materials and supplies.

Equipment:

A trained first-aider can accomplish a great deal with just his/her bare hands. Regardless of someone's training however, it is always wise to carry first-aid supplies on ANY trip into the wilderness.

DO NOT RELY ON COMMERCIAL FIRST AID KITS FOR YOUR SECURITY.

I have yet to find a first-aid kit sold at a mountaineering store that was even close to adequate (including the \$100 models). For example, take a look at any of the puny trauma pads or gauze pads found in a commercial kit and ask yourself whether or not it would be adequate to stop serious bleeding. Furthermore, possession of a first-aid kit without knowledge of how to use the contents is virtually USELESS.

The following is a list of essential equipment for a wilderness first aid-kit:

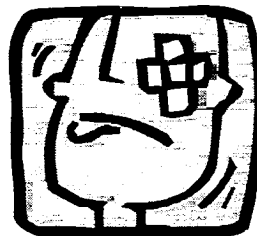
Granted, to include all of these involves a kg or more in one's pack, but I believe that the increase in fitness as a result

10 to 20 cotton-tip applicators	fris balsam
10 X 10 sterile gauze	gatorade or salt (30 ml)
100 mm super crinx roller bandage	gluco pack
12 mm cloth tape	hot pack
2 large plastic garbage bags	large burn dressing (or 2)
25 mm cloth tape	latex gloves (2 pairs or more)
25 mm micropore tape	matches
4X4 gauze (2 or more)	mole skin
4X4 tefla pads	note pad
50 and 75 mm tensors	pain killers (avoid codeine)
60 ml of sugar	penlight
ABD pads	pocket mask
adhesive rolls	pressure dressings
adhesive strips	safety pins
alcohol wipes	SAM splints (1-2)
anchor dressings	steri strips
bandage scissors	sterile saline or tablets
butterfly closures	super scissors (blunt end)
cold pack	thermometer
elastoplast	triangular bandages (4-6)
esmark bandage	tweezers
finger tip dressings	wire saw

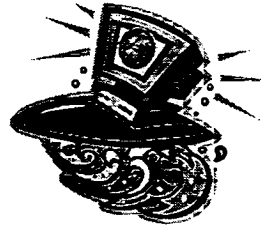
will be well worth it. So what do we do with all this stuff? Well, before we learn how to use all of these, we need to learn how to react to an emergency. This is called Scene Assessment (continued on page 19).

References:

- 1) Mountaineering First-Aid: A Guide to Accident Response and First-Aid Care by M.J. Lentz, S.C. MacDonald and J.D. Careline. Third Edition 1985, Revised 1990
- 2) St. John Ambulance: Official Wilderness First-Aid Guide. First Edition, 1994, by W. Merry



INTERNET CORNER



For all Ramblers who have access to the Internet, I will try to have a regular column on some interesting or useful Web sites. If anyone of you wants to share some good sites related to the outdoors, feel free to E-mail me the addresses and I will include them in a future newsletter.



Denis Longu  p  e

Alpine Club of Canada:

<http://www.culturenet.ca/acc/>

Parks Canada:

http://parkscanada.pch.gc.ca/np/np_e.htm

Canadian Avalanche Association:

<http://www.islandnet.com/snow/>

Canadian Meteorological Centre:

<http://www.tor.ec.gc.ca/cmhc.html>

Alberta Motor Association:

<http://www.ama.ab.ca/>

Calgary Mountain Club:

<http://www.geocities.com/Yosemite/4163/>

Outside Online:

<http://outside.starwave.com/>

Canadian Rockies:

<http://www.worldweb.com/ParksCanada-Banff/parks.html>

Kananaskis Country:

<http://www.gov.ab.ca/~env/nrs/kananaskis/>

Mountain Equipment Co-op:

<http://www.mec.ca/index.htm>

TWIN PEAKS

by Barbara Fischer


In September, Wally Drew announced a trip, to Twin Peaks, which would be 38 km long and to top it off, it would have a 5500 ft. elevation gain. We would meet at the Sunshine Parking lot, go up to Sunshine Village and follow the trail towards Citadel Pass. At the appropriate spot we would leave the trail and move towards the peaks. The trip sounded really nice - but 38 Km?

You could hear the "Rambling Crowd" moaning and groaning. It seemed to me that we were stretching it just a bit.

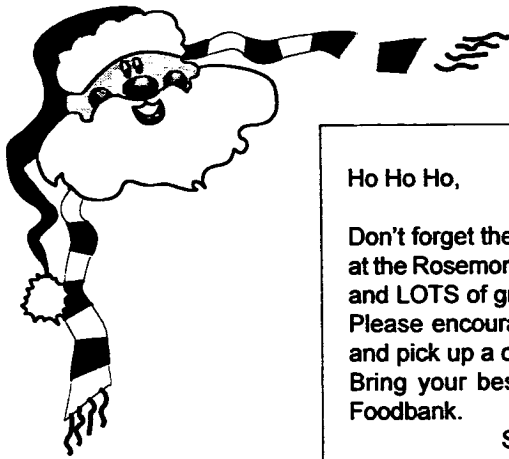
Nevertheless 7 of us went and we were awarded with a beautifully sunny day. You will be asking me why I am boring you with another trip report? What was accomplished other than a near marathon hike and no prominent peak was climbed, like Assiniboine, Robson or Lefroy?

You are right! But just think for a moment: Of the participants, who enjoyed the wonderful views from the peak, 2 were over 70 years, Wally Drew and Askar Fathi and 2 over 60 years of age, Gus and Theresa Dobler.

I think that you will agree with me in stating, how proud we are to have such energetic, youthful and fine people in our membership.



No task is impossible for the person who doesn't have to do it.



Ho Ho Ho,

Don't forget the Christmas Potluck on December 17 at 7:30 p.m. at the Rosemont Community Hall. There will be TONS of nice people, and LOTS of great food!

Please encourage your fellow Ramblers to attend this great party, and pick up a copy of the Packrat at the same time.

Bring your best smile, your favorite dish, and a donation to the Foodbank.

See you!

Santa

CASC CORNER

by Bob St. John

The Ramblers belong to the Calgary Area Ski Clubs, a grouping of local clubs who cooperate on common concerns, specifically safety issues. The following are some events and projects CASC has been busy with this fall and coming winter:

- 1. Wilderness First Aid Course:** A certificate course offered in September and November. Each session involved 15 hours of classroom instruction over 5 evenings, and 15 hours of practical experience at a weekend at the Banff Hostel. Eight Ramblers completed this course at a cost of only \$140.00 each (plus \$34.00 for 2 nights at the Hostel). A spring session is being planned. Organized by the Hostel Outdoors Group (HOGs)
- 2. Backcountry Skills Challenge:** On Saturday, Oct 4, 19 participants including 8 Ramblers followed a compass circuit of a few kilometers, stopping off at 5 stations to review and learn backcountry skills (transceiver search, first aid, victim evacuation, overnight survival, and compass triangulation). Held at the Little Elbow Recreation Area under sunny skies, although the BBQ was rained out. Organized by the HOGs.
- 3. Introductory Avalanche Seminar:** Two U of C Outdoor Pursuits students put together a seminar based around the video "Beating the Odds", with supporting slides and overheads. The purpose of this short seminar is to introduce avalanche safety basics to new club members who would hopefully follow this up with a more complete course. The goal is to make this seminar available to clubs to show at their meetings. The initial presentation was made November 6 at the Hounsfield Heights Hall. Organized by the Calgary Ski Club (CSC).
- 4. Avalanche Equipment Discount Purchase:** Over \$4000.00 worth of transceivers and probes were purchased November 21 with a savings of \$600.00. Organized by the Ramblers.
- 5. Transceiver Practice Day:** On Sunday, November 23 a transceiver use and practice day was held with instruction by Hostel Shop staff for \$10.00. Organized by the Norseman Ski Club.
- 6. Hypothermia Talk:** A free evening seminar on Wednesday, November 26, at the Bow Waters Canoe Club. Organized by the Norseman.
- 7. Used Equipment Sale / Exchange:** On Wednesday, Dec 3 at 8:00 PM at Rosemont Community Hall immediately after the Ramblers meeting. Bring anything you wish to sell. Come for bargains. Organized by the Ramblers.
- 8. Track-Set Skiing Coordinators Workshop:** On Saturday, January 10 a 1 day workshop with classroom instruction and some skiing at Shaganappi Golf Course. Organized by the CSC.
- 9. Avalanche Awareness Course:** An evening of instruction on Thursday, January 15 with a field day on the 17th or 18th near Fortress Ski Area. Instructor: Keith Morton. Organized by the Ramblers.
- 10. Backcountry Skiing Coordinators Workshop:** A weekend of classroom and field experience to be held sometime in Jan or Feb. Organized by the CSC.
- 11. Emergency Field Cards:** Weather resistant, wallet sized cards. Prototypes to be distributed to clubs in early January.

OLD PACKRATS AVAILABLE FOR READING

by John Schleinich

A year ago, the RMRA executive appointed me guardian of the Packrat archive. In my basement at home I have nine books of old Packrat issues, starting from the first publication in 1957 to the last one published in September this year.

Personally I found it interesting reading. These ancient scripts were written by members once young and able, now long gone. Some even moved to the "Eternal Hiking" grounds.

These Packrats are available to all present-day members upon request. Please let me know a week in advance, which issues you would be interested in, and I will bring them to the club.

The following is a list of publications as contained in specific books:

Available Packrat Issues

BOOK No. 01 from June 1957 to Sept. 1962
Bound in gasteatner Format: Complete six years of 34 issues.

BOOK No. 02 from Jan. 1963 to Dec. 1964
Small Book in spiral binding: Complete two years of 22 issues.

BOOK No. 03 from Jan. 1965 to Nov. 1967
Small Book in spiral binding: Complete three years, 26 issues.

BOOK No. 04 from Dec. 1967 to Nov. 1971
Large Book in spiral binding: Five years. Some incomplete. Twenty issues.

BOOK No. 05 from Jan. 1972 to Nov. 1974
Large Book. Three ring binding: Three years, one incomplete. Sixteen issues.

BOOK No.06 from Feb. 1975 to Dec. 1980
Large Book. Three ring binding: Six years. Two incomplete. Twenty-seven issues.

BOOK No.07 from Feb. 1981 to Dec. 1985
Large Book. Three ring binding: Five complete years. Twenty-nine issues.

BOOK No.08 from Feb. 1986 to Dec. 1992
Large and small issues in three ring binding: Six years. Some incomplete.

BOOK No.09 from June 1993 to present time
Large and small issues in three ring binding: 6 complete years.

DECEMBER — JANUARY

KEN'S QUOTABLE QUOTES

"Christmas is the day that holds time together."

— ALEXANDER SMITH

"Time is nature's way of keeping everything from happening at once."

— ANONYMOUS

"Mondays are the potholes in the road of life."

— TOM WILSON

"Time and I are a match for any two men."

— JOHN A. MACDONALD

"The hours that make us happy make us wise."

— JOHN MASEFIELD

"I will not eat oysters. I want my food dead — not sick, not wounded — dead."

— WOODY ALLEN



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FREE SLIDE SHOWS

Monday evenings at 8 p.m.
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February 23 Vancouver Island Sea Kayaking by Cal MacDonald

March 16 Coastal Hiking Trips by Richard DeArmond

March 30 Queen Charlotte Islands & Bella Bella by Cal MacDonald

For information, call 220-5038

ANNUAL GENERAL MEETING

October 15, 1997

by Linda Eastwood

Minutes of the 1996 Annual General Meeting were read.

No business arising from the minutes.

The Presidents Report was read. Report attached.

Financial statements were distributed. Highlights read. Statement attached. Brian Campbell approved.

Trips Director Report read. Report attached.

NEW BUSINESS:

Presentation to Alistair DesMoulins for the Bow Valley Study and Shirley Tajcna for the Alberta Wilderness Association and Kananaskis Coalition Work. They each received a plaque.

Rules explained regarding how the meeting is to be run.

Motion: (Chris Saunders) I move that membership dues for the 1997-1998 fiscal year remain at \$20.00. Wally seconded. 1 opposed. Passed.

Motion: (Ron Hunter) I move that potential members have one free trip instead of three. Gert seconded. Discussion. 26 in favor, 22 against. Carried.

Motion: (Ken Watson) I move that the Wednesday meetings start at 8:00 p.m. instead of 7:30 p.m. Wally seconded. Discussion. Defeated. Meeting will remain at 7:30 p.m.

Motion: (Bernie Fritz) I move that there be an additional charge per kilometer for rough/gravel roads (i.e., Spray Lakes Road). Motion defeated.

Motion: (Philip Creery) I move that the reduced membership rate of \$10.00 be effective the first of August instead of July 1st. Anita seconded. Discussion. Motion not accepted as three weeks notice is required for by-laws.

Wally conducted the election of the new executive.

President - Anita O'Reilly

Vice President - Dorothy-Ann Reimer

Past President - Bob St. John

Trips Director - Ron Hunter

Secretary - Barbara Mitchell

Treasurer - Chris Saunders

Newsletter Editor - Danielle Tardif

Social Director - Terry Kaufman

Program Director - Maria Nemethy

MINUTES OF THE COORDINATORS COUNCIL MEETING

by John Schleinich & Linda Eastwood

September 30, 1997

12 active coordinators were present. A quorum was met.

OLD BUSINESS:

Ron Hunter chaired the meeting. He opened the meeting at 7:30 p.m. He read the minutes of the last meeting. First and third items on the agenda were covered by Bob St. John. Bob invited volunteers to discuss and change if necessary the ratings of summer trips, published in May 1997. This session would take place after a regular Wednesday night meeting, sometime in the near future as soon as summer hiking stops. Bob mentioned that the two way distance system will also be adapted for the summer trips.

Course subsidies were discussed by Ron. He made the Coordinators aware of pending courses and advised them to listen to phone messages on RMRA phone line.

NEW BUSINESS:

Dave Mulligan in absence presented a motion through Ron as follows: "The wearing of a suitable rock helmet shall be mandatory by all participants on RMRA summer trips that are scrambles".

Amendment by Marianne Wolters: that the word scrambling be replaced with "Trips rated 7 and higher on day trips". Seconded by Anita O'Reilly. Motion carried by 11 in favor and 1 against.

Discussion: The recent rock helmet policy was intended for hiking trips where rock fall hazard is likely to be present. Many of the higher rated winter trips have their high rating because of the level of skiing skill required and rock fall hazard is minimal or non-existent. The change in wording will exempt winter trips from the helmet policy.

Anita O'Reilly after fulfilling the necessary requirements became full Coordinator. All in favor. Carried.

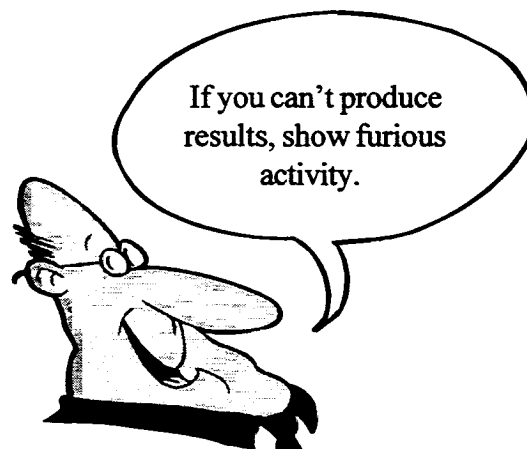
Chris Saunders' status of Probationary Coordinator was extended until the Spring Coordinators meeting to obtain his first aid certificate.

Four new Probationary Coordinators were voted in unanimously: 1. Garry Denman, 2. Mary-Jane Hradowy, 3. Dorothy-Ann Reimer, and 4. Barbara Fisher.

Bob St. John moved that the name Coordinator Chairman be changed to Trips Director. Seconded by Alastair Sinclair.

Wally Drew moved that Bob St. John be nominated for Trips Director for the 1997/98 year. Carried unanimously.

Anita O'Reilly motioned that the meeting be adjourned.



EXECUTIVE MEETING MINUTES

by Barbara Mitchell

OCTOBER 21 1997

7:30 PM

PRESENT: Anita O'Reilly (president), Dorothy-Ann Reimer (vice), Ron Hunter (trips), Danielle Tardif (PackRat), Chris Saunders (treasurer), Maria Nemethy (program), Bob St John (past pres.), Barb Mitchell (secretary).

EVENTS

ANNUAL DINNER AND DANCE: finalized all arrangements including prizes payment etc.

WINTER OPEN HOUSE: NOVEMBER 19 7 PM Bob agreed to give his slide program (about 20 min). Discussed pack demos - decision to have the stuff set up and run concurrently but make sure the two packs are not side by side. Maria to find people for pack demos and ski demos. Baking will be requested the week before.

CHRISTMAS POTLUCK DECEMBER 17 7:30 PM

Anita will let Terry know the date. *** NOTE:TIME CHANGE***

EXECUTIVE RESPONSIBILITIES

The executive each reviewed his/her position according to the manual. We clarified our own responsibilities and where they mesh with other positions. A fair amount of time was spent on this process so we should be well prepared.

COMMITTEES

SAFETY COMMITTEE: Dorothy-Ann assumes the chair. We will look for a cross section of the members - not all trips coordinators. After discussion, the board decided the safety committee could look at a broader range of issues that affect the club (discuss the cue cards and if we can provide more novice hikes or is that necessary etc.).

MEMBER SURVEY: Printed on the back of the membership form. Chris will compile the results.

Bob will continue to update the Members Manual and trip lists.

OTHER BUSINESS

Rent - cheque was sent to Rosemont community

City of Calgary is reviewing all non-profit organizations with the hopes of raising some tax money. Probably will not effect us as we own nothing.

Business Cards: Maria Nemethy generously printed us a box of 300. Discussion relating to the use of these and the distribution (each member or if you want some). After circling the issue several times Anita decided that 1 should be sent out with each Packrat with a short blurb on handing it out to potential member(s).

CASC are offering the wilderness first aid course at a greatly reduced price. They have other things on their schedule that we may wish to take advantage of. We are already part of the avalanche equipment purchase. The Norseman is hosting a transceiver search day on Nov 22, 1997 and the Calgary Ski Club is hosting a BackCountry Coordinators clinic at U of C (there is a cost). The Ramblers do still have money earmarked to offset courses for coordinators. CASC is holding a meeting on Nov 3, 1997.

Dorothy-Ann will try to book Keith Morton for the Avalanche Awareness course.

Adjourned at 9:48 PM

NEXT MEETING: TUESDAY JANUARY 13, VENUE TBA

STATEMENT OF INCOME AND EXPENSES

by Chris Saunders

YEAR ENDED SEPTEMBER 30, 1997

	1997	1996
INCOME		
MEMBERSHIPS	3600.00	3240.00
SOCIAL EVENTS - NET OF EXPENSES	13.89	219.28
REFRESHMENTS - NET OF EXPENSES	63.26	(123.32)
PRODUCT SALES - NET OF EXPENSES	12.00	(85.90)
INTEREST INCOME	<u>128.90</u>	<u>120.00</u>
	<u>3818.05</u>	<u>3370.06</u>
EXPENSES		
RENT	1600.00	1600.00
PACKRAT EXPENSES - NET OF ADVERTISING	587.73	(4.00)
SEMINARS & COURSES - NET OF RECOVERIES	673.86	44.25
TELEPHONE	505.19	496.53
PRINTING, POSTAGE & STATIONERY	276.69	297.89
MISCELLANEOUS	10.70	278.31
MEMBERSHIPS AND DONATIONS	206.20	107.00
BANK CHARGES	<u>33.32</u>	<u>6.93</u>
	<u>3893.69</u>	<u>1226.91</u>
EXCESS OF EXPENSES OVER INCOME	<u>(75.64)</u>	<u>2143.15</u>
BALANCE SHEET		
CASH AT BANK	448.56	2931.50
GIC	5128.90	2000.00
PREPAYMENTS	<u>266.70</u>	<u>516.70</u>
	<u>5844.16</u>	<u>5448.20</u>
LIABILITIES		
ACCOUNTS PAYABLE	471.60	0.00
CAPITAL ACCOUNT		
OPENING BALANCE	5448.20	4905.05
INCOME (LOSS)	<u>(75.64)</u>	<u>2143.15</u>
	<u>5844.16</u>	<u>7048.20</u>
Prepared by C. Saunders, Treasurer		

We have examined the accounting records of the Rocky Mountain Ramblers Association for the year ended September 30, 1997 and in our opinion the financial statements express fairly the financial position of the Association as of September 30, 1997 as recorded in the records and are on a basis consistent with that of the preceding year.

D. Arnold

G. Sargent

FIRST AID IN THE WILDERNESS

First-Aid Basics - Scene Assessment:

The following is the series of steps one follows when first encountering a casualty:

1) Assess hazards to you and the casualty. Is it safe to approach the casualty?

We have all heard stories about the would-be rescuer falling into the crevasse and dying with his/her victim. There are also other environmental situations to be aware of; ask yourself the following:

- where is the bear that attacked the casualty now?
- are you sure the lightning storm is finished?
- is that avalanche slope still unstable?
- is the casualty in a location exposed to rockfall?
- is the snowbridge safe to cross?

Remember, two casualties are not better than one.

2) How did the injury happen? How serious is it?

Look around the scene for signs that might help you understand the situation.

3) How many people are injured? Is anyone missing or hidden out of view?

After your scene assessment, you are ready to move on to the Primary Survey

O.k., you have now decided that it is safe to approach the casualty. For now, we will assume that there is only one victim to worry about. Once we reach the victim safely, we begin the Initial or Primary Survey.

Primary Survey

Begin with a LOC - Level of consciousness

Call out to the victim - "What happened?" "Are you alright?" If you do not know the victim, identify yourself as a first-aider and ask if you can help. If the victim is unconscious, consent is implied. Take charge of the situation.

Is the victim unconscious, or conscious?. Is the response labored, or is the victim having difficulty speaking?. A casualty who is speaking with fluency and ease is a good indicator that both Airway and Breathing are functioning properly.

After assessing the LOC, move on to your ABC's.

Note: if you suspect spine or head injury, do not attempt to move the casualty.

A - Airway Check - is the airway open, do you feel air movement, is the airway blocked with snow or blood

B - Breathing Check - Is he/she breathing? if not, he/she may only live for four minutes.

- How long has he/she not been breathing?

- What is the Rate and Quality of the breathing?

C - Circulation Check - Is there a pulse, and is there anything unusual about it i.e.: irregular, rapid, slow, or faint

D - Deadly Bleeding and Deformities - Stop that bleeding! Are there any fractures or other types of deformities. Internal bleeding?

E - Emergency Care - Shock Treatment, Trauma, Cold and Heat Injuries

F - First Set of VITAL SIGNS - Record the following on paper:

time, loc, pulse, respiration, pupil response, skin condition
G - Go for a "head-to-toe" examination. This is a thorough examination. This requires practice to perform well.

After completing the examination decide on a plan of action.
H - HELP! Call for help, or decide if the victim can return to the cars successfully.

End of Primary Survey

Please note that Artificial Respiration and CPR are beyond the scope of this article. Take a course so you can get some hands on practice at it. In this article I will assume that AB and C are in good condition. Please refer back to ABCDEFGH when you are confused as to which injury receives first priority. There is no sense in splinting a broken leg when the casualty cannot breathe. This may seem like common sense, but during an accident, it is easy to become confused. Always think about your ABC's when in doubt!

Next Month - Cuts and Bleeding (D and E in the ABC's)

The Pope left a meeting in New York City with little time to catch his plane. He hailed a cab and told the driver,

"I will give you one hundred bucks if you can get me to the airport in ten minutes".

"That is impossible," replied the cabbie.

"OK, two hundred bucks."

"I'm sorry, it is impossible."

"All right, I will give you five hundred dollars, but you must let ME drive," said the Pope.



The cab driver agreed, climbed into the back seat of the cab, the pope got behind the wheel and drove off. Soon they were doing 60 mph, 80mph, 100mph through Manhattan. Finally they were pulled over by the police. The policeman took one look into the cab, returned to his patrol car and called the precinct.

"Captain," he said, "I just stopped a speeder, but I can't arrest him. He is much too important."

"Is it the mayor of New York City?" asked the captain.

"Much more important," said the patrolman.

"Is it the governor of New York?"

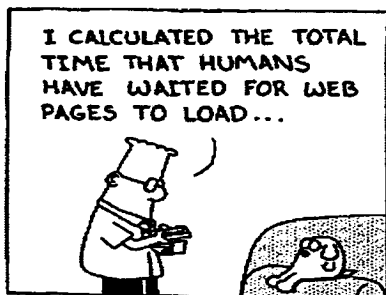
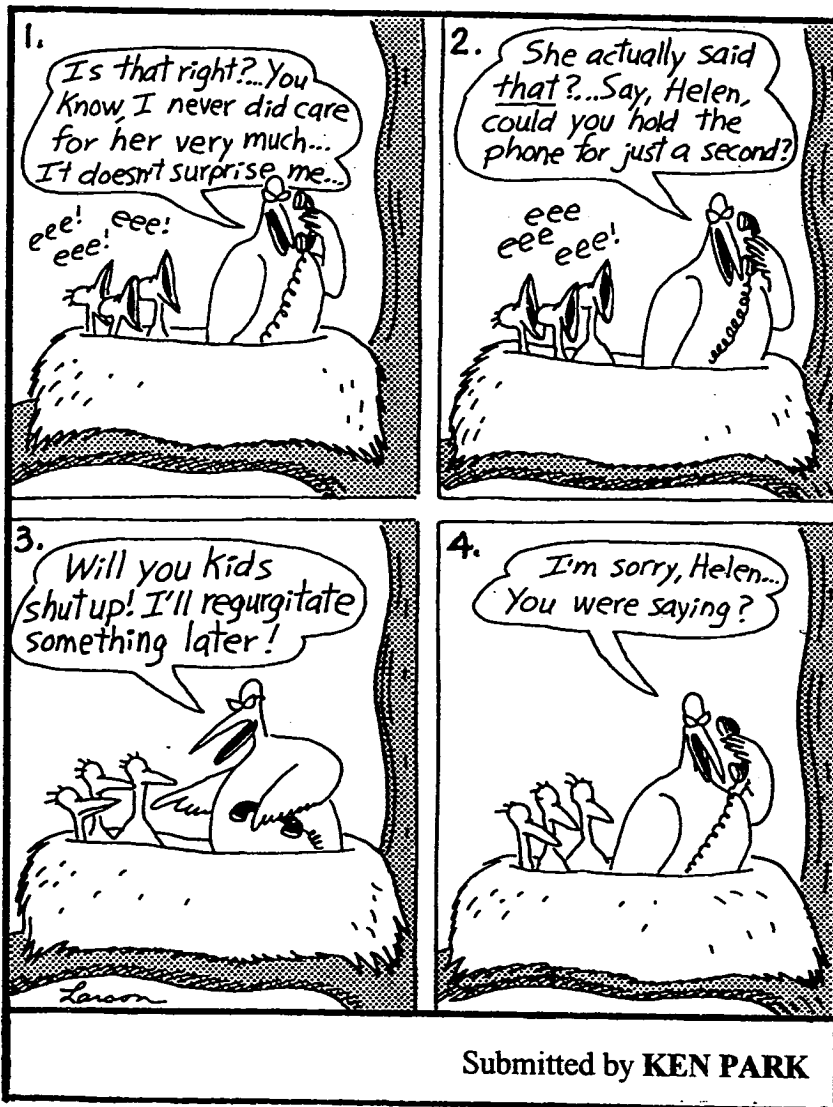
"Much more important," said the patrolman.

"Well, is it the President of the United States?"

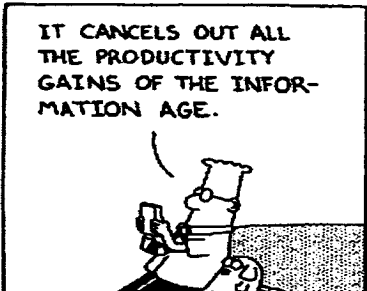
"Much more important," said the patrolman.

Flabbergasted, the captain finally asked, "OK, who is it?"

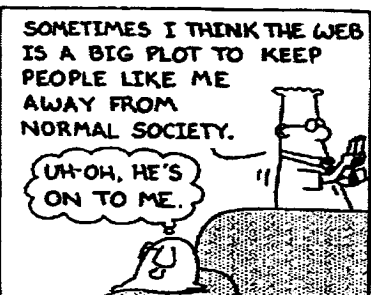
"I don't know who he is," said the patrolman, "but the Pope is his driver."



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S. Adams e-mail: scott@adams.com



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